

August 8, 2003

Maya Angelou Public Charter School
Gail Williams, Campus Director
1851 9th Street, NW
Washington, DC 20001

Dear Ms. Williams:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Enhanced Meal Pattern with the nutrient standards established for grades 7 through 12.

Key highlights from your review:

- Although there were only three days of serving meals the week that was reviewed, your menu reflects good variety.

Production records were available, but planned numbers and portion sizes for all menu items were not recorded accurately. This does have an effect on the accuracy of the analysis of your menu. See the Plan of Action below for more information on production records and planned numbers.

Based on the documentation you provided, the analysis for the week of review indicates your menus are high in total and saturated fats, as well as total calories. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the

nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Untouchable Taste Catering, you will need to coordinate with them to make any necessary changes.

Plan of Action Meal Pattern and Nutrition Standards Compliance	
Observations/Finding	Recommendations
Production Records are not accurately completed. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.	Production records with planned numbers and accurate portion sizes must be kept. All menu items, including varieties of milk and all condiments need to be recorded with planned, served and leftover numbers recorded. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.
<p>Total Calories: 947 Calories are 121% of the target of 779 for this age range.</p> <p>Total Fat (TF): The combined analysis of breakfast and lunch shows TF at 39.24%.</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 11.14%.</p>	<p>The increasing trend of obesity in our children requires excess calories offered to children should be avoided. The following suggestions will lower calories, and lower total and saturated fats for your menu.</p> <ul style="list-style-type: none"> ▪ Limit portion sizes for breakfast meats to 2 oz. ▪ Encourage students to take 2% and 1% milks instead of whole milk. ▪ Offer more grain/breads at lunch. The Enhanced meal pattern requires you to serve a minimum of 15 servings per week. This averages to 3servings per day, and your average is 1 serving per day. <p>The Salad Bar is contributing significant amounts of fat to the daily menu:</p> <ul style="list-style-type: none"> ▪ Serve low fat/nonfat dressings with salads. ▪ Use low fat mayonnaise in tuna, chicken, and pasta salads. Modify recipes to use less. Consider offering these types of salads on an occasional basis, not daily. ▪ Use nonfat croutons. ▪ Serve reduced fat cheese on salad bar.

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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Bethany Zersluis, Registrar